

## My Cultural Life

- I go to the theatre/concerts/the cinema/art galleries as often as I want to
- I discuss the big issues of life with my friends and family; we do not just exchange news, gossip and smalltalk
- I travel as much as I (really) want to
- I have an absorbing, challenging, fulfilling hobby (e.g., amateur dramatics, learning a language, playing a musical instrument, playing bridge or chess, canoeing)
- I explore my talents in all areas that appeal to me (e.g., singing, drawing, juggling, DIY, dress-making)
- I do not feel ignorant in general knowledge or any area that interests me
- There is beauty in my life
- I listen to the music I want to listen to, as often as I want to
- I read as much as I want to
- I frequently come into contact with new people

My score on \_\_\_\_\_ (date) is \_\_\_\_\_ / 10